

Therapeutic Renewal Yoga

Thomas G. Crowder Woodland Center

Join this class to experience yoga from a perspective of wellness and wholeness.

Stretch. Breathe. Release tension. Thought you couldn't do yoga? This class can benefit those who are new to yoga or are looking for a safe, gentle, accessible way to explore yoga poses, breathing techniques, and relaxation practices.

Dates: Tuesdays

Jan. 2 - Feb. 20 #214232

Mar 6 - Apr. 24 #214233

Time: 9:30 - 11AM

Ages: 16 and up

Cost: \$80 Residents, \$95 Non-residents

Instructor: TJ Martin



RALEIGH

Parks,
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